



May/June 2021 Edition

News

County Staff Teleworking

The current [telework policy](#) will be ending after June 4, 2021.

Mille Lacs County COVID-19 Vaccination Clinics

Mille Lacs County residents and employees are encouraged to go online to schedule an appointment for the COVID-19 vaccine clinic. Please visit www.millelacs.mn.gov/2707 for additional information.

Mille Lacs County COVID-19 Dashboard

View current statistics of the impact of COVID-19 within Mille Lacs County. Visit the [Mille Lacs County Dashboard](#) for daily updates.

Online Suggestion Box

County staff are encouraged to anonymously submit their suggestions and comments to help improve the workplace. Visit the County Employees webpage for more information.

Events & Attractions

[Stay Safe MN](#)

State of Minnesota

[Rum River Festival](#)

June 10-12
Princeton, MN

[Rhythm on the Rum Parade](#)

June 17
Milaca, MN

[Food Trucks on the Farm](#)

June 12, 10am-2pm
Brickton Genetics Farms
9014 45th St. Princeton

Employee Spotlight



Ashley Howland

Case Aide

Community & Veterans Services

I have worked for MLC for 1 ½ years. I started working as an Office Support Specialist and recently was promoted to a Case Aide in the Financial Unit. What I enjoy most about my job is the variety, and the fact that I am doing something every day that has a small part in helping others.

I grew up in Anoka, MN. I graduated from Anoka High School in 2005. My husband, Wes, and I just celebrated our 10 year wedding anniversary in May. We have 4 kids, 2 together. Raina-18, Parker-17, Gavin-12, and Emma-10. All of the kids are involved in sports/activities year round. They keep us very busy! We love it that way.

My family enjoys traveling, snowmobiling, four wheeling, camping, and dirt track racing. My dream vacation is to travel to Hawaii. The gorgeous scenery, aloha spirit, & stunning beaches! It's the perfect place to relax and unwind.



What's an Unhealthy Gut?

How is it affecting you?

The incredible complexity of the gut and its importance to our overall health is a topic of increasing research in the medical community.

Numerous studies in the past two decades have demonstrated links between gut health and the immune system, mood, mental health, autoimmune diseases, endocrine disorders, skin conditions, and cancer.

At one time, our digestive system was considered a relatively "simple" body system, comprised essentially of one long tube for our food to pass through, be absorbed, and then excreted.

The term "gut microbiome" refers specifically to the microorganisms living in your intestines. A person has about 300 to 500 different species of bacteria in their digestive tract. While some microorganisms are harmful to our health, many are incredibly beneficial and even necessary to a healthy body.

According to Dr. E. M. Quigley in his study *Trusted Source* on gut bacteria in the Journal of Gastroenterology and Hepatology, having a wide variety of these good bacteria in your gut can enhance your immune system function, improve symptoms of depression, help combat obesity, and provide numerous other benefits.



7 Signs of an unhealthy gut

1. Upset stomach (gas, bloating, constipation, diarrhea, and heartburn)
2. A high-sugar diet (Inflammation can be the precursor to a number of diseases and even cancers)
3. Unintentional weight changes
4. Sleep disturbances or constant fatigue
5. Skin irritation like eczema
6. Autoimmune conditions
7. Food intolerances

7 Things you can do for your gut health

1. Lower your stress levels
2. Get enough sleep
3. Eat slowly
4. Stay hydrated
5. Take a prebiotic or probiotic
6. Check for food intolerances
7. Change your diet

Types of food for gut health

1. High-fiber foods (legumes, beans, peas, oats, bananas, berries, asparagus, leeks)
2. Garlic and onion
3. Fermented foods
4. Collagen-boosting foods

Eat, sleep, and be healthy

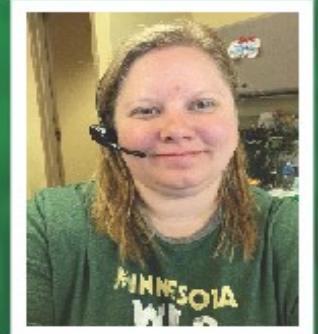
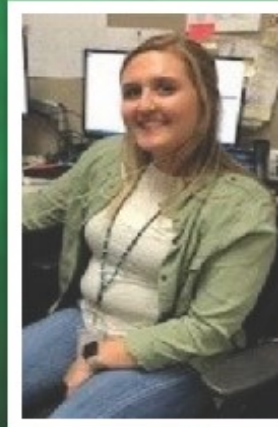
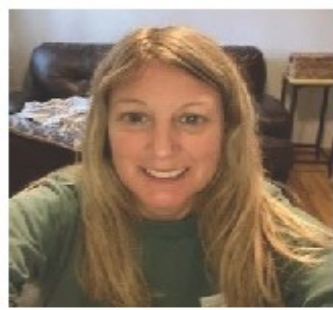
The human gut is more complex than previously thought and has a huge impact on whole-body health. A healthy gut contributes to a strong immune system, heart health, brain health, improved mood, healthy sleep, and effective digestion, and it may help prevent some cancers and autoimmune diseases. There are a number of lifestyle changes you can make to positively affect your gut health and your overall health as a result.

**Mille Lacs County CVS workers
were green on May 6 in recognition
of Mental Health Awareness Month,
which was the entire month of May.**

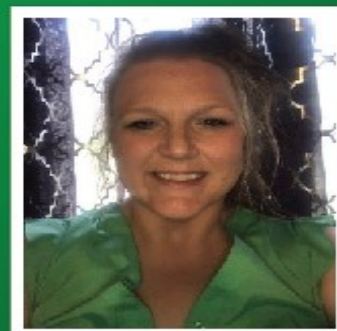
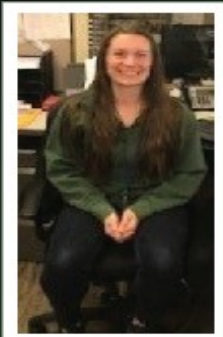
Mental Health Awareness 2021 Financial Unit



Mental Health Awareness 2021 CVS 1



Mental Health Awareness 2021 CVS 2



Local Farmer's Markets

Foley Farmer's Market

Danny B's Hwy 23

Foley, MN

Friday's 2:30-5:30pm

Milaca Farmer's Market

King Sparrow Coffee Shop

Milaca, MN

Thursday's 3:00-6:00pm

Princeton Farmer's Market

Downtown Princeton

Princeton, MN

Saturday's 8:30a-12:00p

Mora Farmer's Market

United Methodist Church

500 Clark St. , Mora , MN

Saturday's 8:00a-1:00p

A SEASONAL LOOK at fresh produce



AVERAGE SEASON

AVERAGE PEAK
SEASON



Employees Moving

- Danielle Ahner promoted from Correctional Officer to Jail Sergeant.
- Travis Johnson promoted from Correctional Officer to Jail Sergeant.
- Chris Berg, job reclassification from Environmental Resources Director/Land Commissioner to Land Services Director/Land Commissioner.

Employees Leaving

- Brooke Corrigan, Social Worker from CVS left after less than a year of service.
- Lauren Voss, Social Worker from CVS left after less than a year of service.
- Jenn Fronk, Social Worker from CVS leaving after 21 years of service.
- Holly Wilson, Assistant County Administrator/Personnel Director in ASO leaving after 4 years of service.
- Kortney Babineau, Social Worker in CVS leaving after 2 years of service.
- Eric Bartusch, County Auditor-Treasurer is leaving after 1 year of service.
- Chris Jaques, Office Coordinator in Probation leaving after 20 years of service.

Welcome New Employees



Kim Hansen
Correctional Officer
SO



Jordan Ramler
Correctional Officer
SO

Milaca Area Trails

Trails Map <https://www.cityofmilaca.org/vertical/sites/%7B75E1DAA5-A8DB-4EFB-942F-F1E65534FC03%7D/uploads/MilacaTrails.pdf>

Walking Trails https://www.cityofmilaca.org/vertical/sites/%7B75E1DAA5-A8DB-4EFB-942F-F1E65534FC03%7D/uploads/Walking_Routes.pdf

Milaca Fire Hydrants Map <https://www.cityofmilaca.org/vertical/sites/%7B75E1DAA5-A8DB-4EFB-942F-F1E65534FC03%7D/uploads/FireHydrantsMap.pdf>